

## KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs  
333 Waller Avenue, Suite 300  
Lexington, KY 40504

Phone: 859-252-3170 or 800-817-3874  
Fax: 859-225-7155

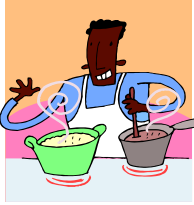
## FUN RECIPE

### Chewy Granola Bars

Ingredients:

- 4 1/2 cups rolled oats
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 2/3 cup butter, softened
- 1/2 cup honey
- 1/3 cup packed brown sugar
- 2 cups miniature semisweet chocolate chips and/or raisins and/or nuts

Preheat oven to 325 degrees F (165 degrees C). Lightly grease one 9x13 inch pan. In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Stir in the 2 cups of assorted chocolate chips, raisins, and nuts. Lightly press mixture into the prepared pan. Bake for 18 to 22 minutes or until golden brown. Let cool for 10 minutes then cut into bars. Let bars cool completely in pan before removing or serving.



EMAIL US!  
[kytransition@aol.com](mailto:kytransition@aol.com)

*Do you need help finding resources or services in your area? Here's a website that can help:*  
[www.kycares.net](http://www.kycares.net)

## SPOOKY HALLOWEEN JOKES



Q: Why don't angry witches ride their brooms?

A: They're afraid of flying off the handle

Q: Where do baby ghosts go during the day?

A: Daycare centers

Q: How do you mend a broken Jack-o-lantern?

A: With a pumpkin patch

Q: Why do demons and ghouls hang out together?

A: Because demons are a ghouls best friend

If you have a joke or riddle you would like to be featured in the next newsletter send it to:

KY TEACH PROJECT, 333 Waller Avenue, Suite 300, Lexington, KY 40504



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# INDEPENDENCE

## SUCCESSFUL LIVING: Part II

### Stuff you might not have learned in high school but you should probably know anyway!

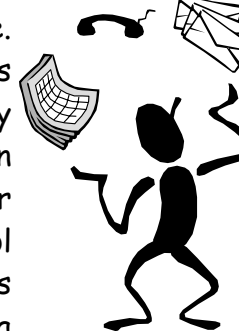
This month we are continuing our four-part series on skills you need to get along well in life. These are skills that you probably are not taught in your regular classes in school but are just as important for a happy, successful and fulfilled life!

This time we are focusing on practical skills, artistic skills, knowledge about health care providers, and recreation

and leisure activities.

Like last time, check and see how many of these things you can already do, and make it a point to learn how to do those things you can't do yet.

If your disability prevents you from actually doing some of these things, you can learn how to instruct someone to help you with them.



CCSHCN  
Fall, 2001

Kentucky  
Commission for CSHCN  
Regional Offices and  
Phone Numbers:

### Ashland

800-650-1329

### Barbourville

800-348-4279

### Bowling Green

800-843-5877

### Edgewood

888-542-4453

### Elizabethtown

800-995-6982

### Hazard

800-378-3357

### Hopkinsville

800-727-9903

### Lexington

800-817-3874

### Louisville

800-232-1160

### Morehead

800-928-3049

### Owensboro

877-687-7038

### Paducah

800-443-3651

### Salversville

800-594-7058

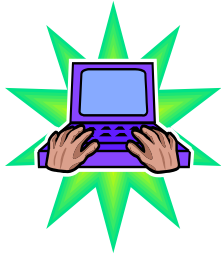
### Somerset

800-525-4279

## LIFE SKILLS LIST

### PRACTICAL SKILLS:

- Type well with both hands in the normal manner
- Set up your own computer system
- Drive a car, including one with a manual transmission, and know how to maintain it properly
- Know how to change a flat tire



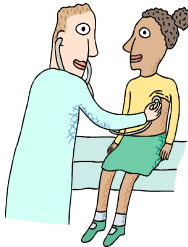
### ARTISTIC SKILLS:

- Draw an illustration at least well enough to get your point across
- Have enough confidence to sing aloud even when everyone else can hear you
- Know how to play a musical instrument well enough to enjoy playing in a group
- Learn how to take a decent photograph so you won't be disappointed later when it's developed



### SKILLS TO WORK WITH YOUR HEALTH CARE PROVIDERS:

- Know who your primary care doctor, dentist and specialists are (name, address and phone number and how to contact them)
- Be able to make your own appointments
- Have a plan to get help in an emergency
- Understand how to find and evaluate good healthcare providers
- Keep an up-to-date file of your medical records



### RECREATION / LEISURE:

- Develop and maintain a physical fitness regimen
- Be able to arrange social activities
- Play a team sport or game (like checkers, chess, or bridge) that you can play with friends



Adapted from Parade Magazine, March 25, 2001, and KY TEACH Competencies for Young People Transitioning to Post Secondary School and/or Work, February, 2001.

## HEALTHY LIVING: Living with the Tragedy of September 11, 2001

No one will forget where they were on September 11, 2001, when the twin towers of the World Trade Center were destroyed by terrorists. Seeing all the devastation and loss of life that was caused by a few individuals is almost impossible to understand.

Many people are feeling very scared and hopeless in the aftermath of these attacks. Remember that feeling sad, scared and angry is a normal reaction to

such events. But realize also that America is a very strong country and that the President and others in the government are working day and night to ensure that you and your family are safe and that this type of disaster never happens again.

Below is an open letter from First Lady Laura Bush that she has written to teens just like you all over America who may be feeling afraid and unsure.

*September 12, 2001*

*Dear Students:*

*On September 11, 2001, many Americans lost mothers, fathers, sisters, brothers and friends in a national tragedy. Those who knew them are feeling a great loss, and you may be feeling sorrow, fear and confusion as well.*

*The feelings and thoughts that surround this tragedy are as plentiful as they are conflicting. I want to reassure you that there are many people -- including your family, your teachers, and your school counselors -- who are there to listen to you. September 11 changed our world. But with each story of sorrow and pain comes one of hope and courage. As we move forward, all of us have an opportunity to become better people and to learn valuable lessons about heroism, love and compassion.*

*As we mourn those who died, let us remember that as Americans, we can be proud and confident that we live in a country that symbolizes freedom and opportunity to millions throughout the world. Our nation is strong, and our people resilient. We have a well-earned reputation for pulling together in the worst of times to help each other.*

*I send my best wishes and my hope that you will always take care of your family, friends, neighbors and those in need.*

*Sincerely,  
Laura Bush*